

# GYM SPORTS

## GYMNASIUM AREA GENERAL INFO

### OPEN GYM

The gymnasium is available for open shooting and pickup basketball games during the times that are not designated for programs.  
See the schedule on the back for more info.

### Noon Basketball

Adult pickup basketball games are at 12:00 pm on Monday, Wednesday and Friday. Sign up at the Customer Service Desk for one of the available spots.  
See the schedule on the back for more info.

### BUMP, SET, SPIKE!

The Choice gymnasium has space and equipment for three regulation sized volleyball courts. Try out one of our adult indoor leagues this fall and winter, or sign the kids up for Volleyball Academy.

### Adult Volleyball

Please refer to individual session registration forms for specific dates & rates.

### Indoor Volleyball League

Grab some friends & sign-up for a team. Registration forms are available at the Customer Service Desk.

SESSIONS: October - December | January - March

LEAGUE DAYS: Thursday or Sunday

DIVISIONS:

Coed 4's, Women's 6's, Coed 6's (A, B, C)

### Youth Volleyball

Please refer to individual session registration forms for specific dates & rates.

### Volleyball Academy (Grades 4 - 8)

Designed to develop the necessary skills of volleyball, utilizing skill development sessions with instructors.

### PLAY SOME HOOPS!

The Choice gymnasium features 2 regulation-sized basketball courts. Work on your game this season in one of our adult basketball leagues or sign the kids up for Basketball Academy.

### Adult Basketball

Please refer to individual session registration forms for specific dates & rates.

### City League Basketball

Stay competitive and in game shape throughout the winter with City League basketball. Games are played at gymnasiums throughout Grand Forks. Referees and scorekeepers provided for the length of the league.

SESSION: November - March

GAME DAY: Wednesday

GAME TIMES: 6:30 pm | 7:40 pm | 8:50 pm

DIVISIONS: Open/Commercial | Rec I | Rec II  
Women's Open | Women's Rec

### Youth Basketball

Please refer to individual session registration forms for specific dates & rates.

### Basketball Academy (Grades K - 12)

A 10-week program designed to teach youth the fundamentals of basketball through skill development sessions with our basketball instructors.

Grades K - 1

Grades 4 - 5

Grades 2 - 3

Grades 6 - 8

### Private Lessons (5 yrs. - adult)

We offer private basketball & volleyball lessons for every ability. To schedule a lesson, contact Sports & Recreation Manager, Lisa Rollefstad: [lrollefstad@choicehf.com](mailto:lrollefstad@choicehf.com) | 701.746.2790